

My Health Information

Name: _____

Date: _____

Body Mass Index (BMI)

BMI is a measure of your weight compared to your height. If your BMI is 25 or higher, you could be at risk for diabetes or cardiovascular disease.

Your Height: _____ Your Weight: _____

Your BMI is: _____

You want your BMI to be between 18.5 and 24.9

Fasting Blood Sugar (Glucose):

Glucose is the main source of energy for your body. If your body cannot use sugar or glucose properly, you may be at risk for pre-diabetes or diabetes.

Fasting means you have not eaten or taken in fluids for 9 hours.

Today your fasting blood sugar or glucose is: _____

You want your fasting glucose to be less than 100
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### **A1C Test**

If you have diabetes or pre-diabetes, an A1C test is drawn to monitor how well your blood sugar has been controlled during the past 2 to 3 months.

Today your A1C level is: \_\_\_\_\_%

**If you have diabetes, you want your A1C level to be less than 6.5 %**

**If you have pre-diabetes, you want your A1C to be less than 5.7%**

### **Blood Pressure**

Blood pressure is the force of blood pushing through the arteries. When this force is too high, it can cause damage to the inside walls of the arteries. High blood pressure often has no symptoms, so it is important to have your blood pressure checked regularly. If you have high blood pressure and are taking medicine for it, it is important to take your medicine as instructed by your doctor.

Today your blood pressure is:

1<sup>st</sup> Reading: \_\_\_\_/\_\_\_\_

2<sup>nd</sup> Reading: \_\_\_\_/\_\_\_\_

Average BP: \_\_\_\_/\_\_\_\_

**You want your blood pressure to be less than 120/80**  
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Re-checks:

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Date: _____ Reading ____/____

Cholesterol and Blood Lipids

Total Cholesterol

Cholesterol is a fatty substance that your body makes. You can also find it in foods like meats, eggs and cheeses.

HDL Cholesterol

HDL-Cholesterol is called the “good” cholesterol. It helps your body get rid of the “bad” or LDL cholesterol which blocks arteries.

Triglycerides

Triglycerides are a type of fat found in your bloodstream. Some triglycerides are made naturally by your body and some are there because of what you eat.

Fasting Lipid Panel:

T. Cholesterol: _____mg/dl

You want your total cholesterol to be less than 200

HDL-Cholesterol: _____mg/dl

You want your HDL-cholesterol to be 40 or more

LDL-Cholesterol: _____mg/dl

You want your LDL-cholesterol to be less 129

Triglycerides: _____mg/dl

You want your triglycerides to be less than 150